

# No Cost Yoga Wellness Classes at VA



## What fellow Veterans say about yoga classes in VA

“I was angry when I came in and now I feel calmer.”

“This class is the best part of my week.”

“Great class. I just had too many injuries from active duty. Yoga is definitely helping, but slowly.”

*Veterans may be medically cleared and referred by their Primary care team. Classes are held each week\* and available on a drop-in basis.*

- Refer to “**WRIISC Yoga Wellness**” for in-person classes at Palo Alto, Menlo Park, Capitola, and Monterey
- Refer to “**Yoga Wellness Telehealth**” for classes at the CBOCs

*For more information, contact the Yoga Staff: 650-493-5000 Ext. 62355*

*\*some holiday closures apply*



Yoga is accessible to anyone – regardless of age, flexibility, or physical limitations. As the photos demonstrate, if you can breathe, you can do yoga!

Yoga is a set of mind/body tools that incorporate movement, breath, and meditation to restore health and balance to the body and peace to the mind.

The yoga classes offered at the VA use yoga tools to relieve stress and anxiety, improve posture and self awareness, and provide an enhanced sense of well-being with:

- Mindful movement with breath (Asana)
- Mindful Meditation (Dhyana)
- Controlled breathing exercises (Pranayama)
- Use of sound with breath

Each class is adapted to the needs and abilities of the Veteran with chairs, and other yoga props to increase comfort. You do not have to be flexible to start yoga but may become more flexible as you continue to practice.

Yoga is not a religion. Yoga will allow each Veteran to tap into their own spiritual preference.